

## 7 Healthy Meals Without the Fuss...from The Mayo Clinic Diet

If you're like most people, convenience is a factor when choosing what to eat — but grab-and-go foods aren't always the best choices. The next time you need a quick and easy meal idea, try one of these healthy meals that you can whip up in minutes:

Begin with	Add	For
Prewashed salad greens	Shredded rotisserie chicken, sliced tomatoes, and a splash of your favorite reduced-fat dressing or a little olive oil and balsamic vinegar	Chicken salad
Whole-wheat pasta, cooked according to the manufacturer's directions	Microwaved in-the-bag mixed vegetables, topped with prepared marinara sauce and sprinkled with shredded Parmesan cheese	Quick pasta primavera
Whole-grain tortillas	Fat-free refried beans and reduced-fat shredded cheddar cheese, microwaved to melt the cheese, topped with salsa and folded	Bean burritos
Baked large baking potatoes	Heated canned vegetarian chili and a sprinkle of reduced-fat cheese	Baked chili potatoes
Microwaved prepackaged brown rice	Frozen stir-fry vegetables and strips of chicken, stir-fried in a small amount of oil	Stir-fried chicken and vegetables over rice
Toasted whole-wheat buns	Heated lean roast-beef slices from the deli, reduced-fat cheese & veggies	Roast beef sandwich
Toasted whole-wheat hoagie buns	Lettuce leaves, tuna salad made with a small amount of mayonnaise and your favorite veggie toppings	Tuna sub sandwich